



**INDIGENOUS MEDICINAL PLANT KNOWLEDGE OF TONSILLITIS IN NALBARI
DISTRICT, ASSAM**

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ABSTRACT

The present work focuses on few medicinal or herbal recipes practiced by the healers of the directed of Nalbari of western part of Assam for curing tonsillitis. Extensive survey was carried out during February 2011 to June 2012 in the entire district of Nalbari. This was done to collect some ethno botanical information on other diseases as a whole on tonsillitis in particular. For collecting data we prepared a specially designed questionnaire that included all points regarding name of the local health condition, description of the health condition, affected part of the body, cause of the disease, diagnostic features as understood by the healers, prognosis, Remedy or procedure, preparation of the medicine, whether liquid, powder, tablet, paste or juice, dosages, how much to take, how many times per day, for how many days, whether any vehicle like honey or others are needed, advice on diet and Regimen, any others precaution, remarks and all other aspects are included in the questionnaire so as to get very particular correct information about the herbal recipes or preparations. Importance was also given to identify the plants scientifically specially by involving them with identification in the field. The data or all information regarding the recipes was collected in the questionnaire.

KEYWORDS: Indigenous, Tonsillitis, Nalbari, herbal, medicinal.

INTRODUCTION

There is tremendous demand for traditional herbal health care practices globally. This was true before of course this has increasing demand as far as present era is concerned. People all over the world are interested towards herbal treatment, traditional practices, yoga and others. The World Health Organization (WHO) has estimated that about 80% population in the developing countries depend directly on plants for medicine (Parek, 1996; Mukhopadhyay (1998). WHO defines medical plants as any plant which is one or more its organ contain substance that can be used for the therapeutic purpose or which are procured for the synthesis of useful drug. The present work focuses on few medicinal or herbal recipes practiced by the healers of the directed of Nalbari of western part of Assam for curing tonsillitis.

MATERIALS AND METHODS

Extensive survey was carried out during February 2011 to June 2012 in the entire district of Nalbari. This was done to collect some ethno botanical information on other diseases as a whole on tonsillitis in particular. For collecting data we prepared a specially designed questionnaire that included all points regarding name of the local health condition, description of the health condition, affected part of the body, cause of the disease, diagnostic features as understood by the healers, prognosis, Remedy or procedure, preparation of the medicine, whether liquid, powder, tablet, paste or juice,

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STUDY AREA

Nalbari is very significant district of the state of Assam. It is having a longitudinal extension of 91°15'8" E to 91°30'52" E and latitudinal extension of 26°12' N to 26°45'10" N latitude. Nalbari district is having an area of 2257 sq. km. Nalbari town is the district head quarter of Nalbari district. This district is having two towns. Nalbari and Tihu. The population growth of the district was more during 1971-1991. This is due to the fact that during this period Nalbari Subdivision was declared as district which was before included under Kamrup district.

RESULT AND DISCUSSION

In the field it was found that the healers or the person having traditional knowledge treat the disease to

tonsillitis by different herbal recipes. Some of them are mentioned below.

Herbal recipe I

Sl No	Botanical name	Family	Vernacular name	Parts used	Proportion
1.	<i>Drymaria diandra</i> Bl.	Caryophyllaceae	Laijabori	Leaves	50 gm

Mode of Preparation: About 50gms of leaves of *Drymaria diandra* Bl. leaves are wrapped with Banana leaf and allowed for streamation. Then juice is extracted mixed with hot water and a pinch of salt is also added. This leaf extract is allowed to consume by the patient suffering from tonsillitis. This is prescribed for 3-4 days at the rate of 3-4 teaspoonfuls. Usually it should be taken

in empty stomach during morning while before dinner at night that twice daily. The patients are prohibited to take edibles from freeze or other cold items and should avoid cold drinks. Of course in case of adult patient is dose should be $\frac{1}{2}$ cup twice daily.

Herbal Recipe II

Sl. No	Botanical Name	Family	Vern. Name	Ports used	Proposition
1.	<i>Piper longum</i> L.	Piperaceae	Pipoli	Fruit	8-10 nos
2.	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	Ada	Rhizome	50gm
3.	<i>Piper nigrum</i> L.	Piperaceae	Jati Jaluk	Fruit	8-10 gm
4.	<i>Clerodendrum viscosum</i> Vent.	Verbenaceae	Bhetai teeta	Roots	25gm

Mode of Preparation: All these herbal ingredients fruit of *Piper longum* L., Rhizome of ginger (*Zingiber officinale*), 8-10 fruit of *Piper nigrum* and Roots of *Clerodendrum viscosum* are crust very well. Then this crust composition is made into tablets. These tablets are

dried. One tablet is prescribed to take to take thrice daily before food. This is allowed to do so for 2-3 days continuously. Patients are restricted to take cold items, card, fish, fruit etc.

Herbal Recipe III

Sl. No	Botanical Name	Family	Vernacular name	Parts used	Proportion
1.	<i>Clerodendrum viscosum</i> Vent.	Verbenaceae	Bhetmali	Tender leaves	2
2.	<i>Phlogacanthus thyrsoiflorus</i> Nees	Acanthaceae	Ronga bahok	Leaves	Little
3.	<i>Alpinia galanga</i> (L.) Willd.	Zingibeaceae	Tora	Rhizome	1 piece
4.	<i>Ocimum sanctum</i> L.	Lamiaceae	Kolatulosi	Leaves	1 branch
5.	<i>Ocimum americanum</i> L.	Lamiaceae	Bogatulosi	Leaves	1 branch
6.	<i>Ocimum gratissimum</i> L.	Lamiaceae	Ramtulosi	Leaves	A few

Mode of preparation: All these ingredients leaves *Alpinia galanga* of *Clerodendrum viscosum* Vent, *Phlogacanthus thyrsoiflorus* Nees, Rhizome of, *Ocimum* all the three species all are made into fine paste. This paste is mixed with water so that it can be taken at the rate of 2 teaspoonfuls twice or thrice daily and for 7

days. In case of baby the paste should be mixed with mother's milk, whereas for children or teenager it should be mixed with water. But for adults the paste is prescribed to mix with Ram. The patient suffering from tonsillitis and following this herbal recipe is not allowed to consume fish, meat, and other fried oily items.

Herbal Recipe IV

Sl No.	Botanical Name	Family	Vernacular Name	Part used	Proportion
1.	<i>Sapindus mukorossii</i> Gaertn.	Sapindaceae	Monisal/ Ritha	Seeds	5

Mode of Preparation

The seeds are dried and made into powder. From this seed power of *Sapindus mukorossii* Gaertn. 1 teaspoonful is taken and bail in 1 glass of water.

Gargling should be done with this water in the morning and in evening. This is done for 3-4 days and the patient gets quick recovery within 3-4 days. The patients are prohibited to take cold items or cold condition.

Herbal Recipe V

Sl No.	Botanical Name	Family	Vern. Name	Pants. Used	Proportion
1.	<i>Bonnaya reptans</i> (Roxb.)Spreng.	Scrophulariaceae	Kasidoria bon	Leaves	20 numbers
2.	<i>Piper nigrum</i> L.	Piperaceae	Jaluk	Fruits	5

Mode of Preparation: The leaves of *Bonnaya reptans*(Roxb.)Spreng are washed nicely and grinded with Black piper (*Piper nigrum* L.) fruits. In case of children this number of fruit applied is 1-3 and for adults 5 numbers of fruit are used. They are of made into paste and give the shape tablets. These tablets are dried and prescribe to take one tablet twice daily that is once in the morning and once in the evening. This should be continued for 3-4 days. The patients are advised to warp the whole week with worm cloth. They are prohibited to consume fish, mucilaginous items, curds, black gram, cold water, cold drinks etc.



Drymaria diandra Bl.



Ocimum sanctum L.



Sapindus mukorossii Gaertn.



Clerodendrum viscosum Vent.

CONCLUSION

It is observed that the people of the district of Nalbari still are practicing the local health tradition to care or to prevent various diseases. This is of course a very good sign. It is also seen that the coming generations are indifferent about the traditional knowledge of their fore fathers. So, there is every possibility that these practices will very soon become extinct with the expiry of older knowledgeable men or women. So, there is need to create awareness among the young generation. Every step should also be taken to conserve and to protect the local herbal medicinal plants and documentation of all such data is also on urgent need.

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